

SETTLE ABROAD



Courage to Change



MASTER THE COURAGE TO CHANGE

**You want to take charge of your life?
You want to achieve your goals?
You need to take action.**

You know that clinging to the old and familiar doesn't bring change, it just keeps you stuck. The unknown is scary, but just remember, that the only constant in life is**change**.

When you move away from the past and focus on the present moment, you are ready to act in accord with your deepest desires and goals. That is the courage to take action by taking small steps.

The following questions will help you unravel your courage.

Find a quiet place and take time for each question and if you can't find an answer right away, simply let it rest and come back to it later.

Question 1:

Think about a few areas in your life, at this moment, where you hold negative beliefs, such as thinking you're not good-looking enough, not experienced enough, not smart enough, etc. Now for each one, close your eyes, take a deep breath, and say to yourself, "I no longer need this. I am a different person now." Continue at ease until you feel satisfied and can accept that this self-belief can go. Write down how this changes your self-regard.

MASTER THE COURAGE TO CHANGE

Question 2:

Think of a past situation that you were afraid of (a date, public speaking, a job interview, ...). How did it feel before the situation happened? How did you feel afterwards? **Recall a few situations.**

Confronting any fearful situation brings about a sense of accomplishment and empowerment.

Fear is normal when something is new, but it melts away with practice, which helps develop skills and mastery. Mastery decreases the chance of failure and therefore reduces the need to worry.

Write down two or three things that you feel anxious or worry about. Close your eyes, take a deep breath, and say to yourself, "This is not what I want. I want change."

Question 3:

Think about the ways you'd like your life to change – things that are of immediate importance to you. The courage lies in the steps, in other words, focus on the steps, not the "stuckness". Therefore, think about your goals and decide: what is your next smallest step you can take right NOW. List some short- and long-term actions towards the change you desire.